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NEWS
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WHAT TO WATCH IN SOCHI

• **8:45 a.m.** Four Canadians will go for the first ever Olympic gold medal in men's ski halfpipe. They're led by medal favourite Mike Riddle, who's the 2012-2013 overall world cup champion. The other three swept a world cup podium last month.

• **10:15 a.m.** Kaillie Humphries and Heather Moyse — the first Canadian women's team to win bobsled Olympic gold — will slide in their first two of four runs. Humphries comes in to Sochi the two-time reigning world cup champion. **GREG DOWNS/FOR METRO**

Smile, missy — your job depends on it

Big Viking Games hires a happiness coordinator with help from City of London's Hire One campaign **PAGE 3**

Not that there's anything wrong with ... oh, there is ...

LGBTQ activist wearing rainbow outfit escorted out of Olympic event **PAGE 7**

Plan to keep homecoming on campus

'Alternative to Broughdale' New Western University student leader wants safer event



**MIKE
DONACHIE**
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A major reason for tension between students and other Londoners could be about to end.

The incoming president of Western University's students' council wants the Homecoming crowds moved off London's streets and onto campus.

And it's all about avoiding Western's own version of the Fleming Drive St. Patrick's Day riot that marred Fanshawe College's reputation two years ago.

Matt Helfand, who was elected USC president last week, insisted that students and alumni will still be able

to party, but he doesn't want crowds filling London streets like Broughdale Avenue.

"One of the biggest things we want to do is bring Homecoming on to campus," said Helfand. "We want to have an alternative to Broughdale."

The aim is to find an appropriate place to hold an event on campus at Western. That will need permission from the university, which owns the land and holds the liquor licence, and those talks haven't happened yet.

"We went on a ridealong with the London police department," Helfand said.

"One of the big takeaways is the situation we see on Broughdale with Homecoming. It's similar to some of the things that we saw on Fleming Drive before the riot.

"We're taking responsibility for the students partying and we're pretty sure that we're doing our part to keep parties safer."

Last year, there was anger among students who complained that London police were demanding information from them, including contact details for their parents, when they had committed no crime.

The controversy, which also saw residents of areas with large student populations

complaining about rowdy behaviour, polarized the city and led to the end of the police's student-focused enforcement campaign Project LEARN.

But the new USC team is looking ahead, not back.

"It's about having a measure of respect for the residents off-campus who may not be happy with some of the things that are happening," Helfand said.

"We're not the fun police but we think we can do more to make things safer."

London Police Chief Brad Duncan likes the idea of having the Homecoming party in a controlled environment, off the street.

"We've just met with the present (student) council as we move into St. Patrick's Day and also looking ahead," Duncan said.

"We've had a very encouraging relationship with them in terms of creating safer communities, especially with off-campus housing.

"I'm encouraged by that and I'm encouraged by some of the ideas coming in with the new council."

He added: "We want students to have fun but to do it in a way that doesn't affect the neighbours they have to live with for the rest of the year."



THE VIRTUES OF SILVER

The ice dance team of London's Tessa Virtue and Ilderton's Scott Moir did everything right Monday in Sochi, Russia, but it wasn't enough to capture their second Olympic gold medal in a row, as Americans Charlie White and Meryl Davis edged them for the crown with a flawless program of their own. See coverage on page 16. **THE ASSOCIATED PRESS**

Quoted

"An incident like what happened on Fleming Drive can happen very quickly."

Matt Helfand, USC president

Heart Month

Red light straight from the heart

Red light shone on city hall this weekend, and it was for a cause that's close to many hearts.

It may have been Valentine's weekend, but it wasn't that sort of heart-warming campaign. The red light was to recognize Heart Month.

Each year, healthy hearts are promoted by good causes, as well as encouraging support for people whose hearts don't work so well.

Congenital heart defects affect one in 100 babies, said Lisa Wright, who is chair of Hearts of London/Middlesex, a chapter of the Canadian Congenital Heart Alliance.

"Children are now living well into adulthood with CHD," said Wright. "There was a time when the outcomes weren't so positive."

Wright's daughter, Rachel, 8, was born with a congenital heart defect, and uses services at Victoria Hospital.

As part of Heart Month, kids at Rachel's school, St. Marguerite D'Youville, have held a coin drive to support pediatric cardiology at Victoria Hospital, raising more than \$730. They're also learning about healthy lifestyles to promote strong hearts. **MIKE DONACHIE/METRO**

Not par for the course

Golf show bigger than ever

Spring must be on the way, because the London Golf Show and Sale has been announced.

The event, at the Western Fair District, has new dates and a new home in the Progress Building.

It's also an expanded show, its organizers have said, with more exhibitors, equipment, courses, demonstrations and travel options than last year.

The event is on Feb. 22 and 23, from 10 a.m. to 5 p.m. each day. **METRO**



Who plays a mean pinball? This guy. Mike Dymus with some of his favourite machines. **SCOTT TAYLOR/METRO**

Pinball bouncing back in London

Go, flippers, go! Local league growing quickly after launch last year



SCOTT TAYLOR
scott.taylor@metronews.ca

They are the true pinball wizards and they number more today than they have in years.

They belong to the London Ontario Pinball League, which itself is affiliated with the International Flipper Pinball Association, the world

Scoring with players all over

"It's definitely on a resurgence. There were about 6,000 players registered with the International Flipper Pinball Association six years ago. Today, there are more than 16,000 players. Leagues are popping up all over the place." **Mike Dymus**

body that has the final word on all things pinball, including world rankings.

Locally, LOPL president Mike Dymus said the league has grown from a handful of players to more than 50

signed up to play and be ranked in just over a year.

"We just started up the pinball league last year. Basically, a bunch of pinball enthusiasts get together once a month and play some pin-

ball," he said.

"It's for fun, but it also has a competitive aspect to it. It's like a regular season and at the end of the year there's a playoff."

The league is sanctioned by the IFPA, which takes both season and playoff results into consideration.

"They issue points and the higher you finish in the regular season and the playoffs, the more points you get that go toward your world ranking," said Dymus, who has 11 machines of his own in his basement.

Jeans 'n Classics. Time to Get the Led Out at the convention centre

The music of Led Zeppelin is coming to the London Convention Centre on Saturday, and it's all for a good cause.

Continuing the Jean 'n Classics charity program, the act will benefit Habitat for Human-

ity. It has vocals by Michael Shotton and arrangements by Peter Brennan, performed by the Jeans 'n Classics Rock Symphony. The songs will include Black Dog, Good Times Bad Times, Dazed and Confused

and Kashmir.

The Jeans 'n Classics concerts, which are supported by the Carpenters Union Local 1946, began in the fall and continue until The Music of James Taylor on May 31.

This weekend's event is entitled Jeans 'n Classics: The Song Remains the Same — The Music of Led Zeppelin. The doors and bar open at 7 p.m., with the music starting at 8 p.m. **METRO**

Whole lotta deets

Visit www.jeansnclassics.com for more information.

Pursuit of happiness: Smile, that's your job

Big Viking Games.
Happiness coordinator among latest jobs in city campaign



MIKE DONACHIE
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Be happy: It's a work day.

It may be an odd idea to some people, but the staff at Big Viking Games are encouraged to be happy.

They get free meals, activities, special coffees and general fun, and now there's even someone in charge of it: A happiness coordinator.

Last week, with help from the City of London's Hire One campaign, the downtown video games company added Jacqueline Malison to its staff. It's her job to make everyone happy and, with 50 staff to smile for, it's a big task.

"One of our primary values here at Big Viking is to create fun at work and have happy employees," said company co-founder Greg Thomson.

"We recognize that, in order to attract people to London and have talented employees, we need a work environment that's fun.

"We want people to want to show up to work and have the best possible environment to work in."

So there are afternoon snacks, free breakfast and lunch and specialty coffees in the mornings. The fridge is stacked with pop and the

Big Viking growing

- Based at the corner of Wellington and King streets downtown, Big Viking Games was founded in 2011, when it had four people.
- It now has about 50 staff in London and Toronto, developing free-to-play social and mobile games that are online, on Facebook and on mobile devices. They include Tiny Kingdoms, Dark Heroes and Fish World.

laughs keep coming.

To celebrate the spirit of athletes in Sochi, Big Viking staff staged their own office Olympics last week. Events included a ring toss, wheelbarrow race and a brain freeze challenge, racing to drink slush made with the office's own slush machine.

And the happiness coordinator is there to, well, coordinate all that happiness. She organizes the events and comes up with ideas.

The Big Viking mission statement includes the phrase "create fans," said Thomson.

"That means two things to us," he explained. "We do want fans of the games but we really want people to be fans of the company."

Over at the London Economic Development Corporation, interim general manager Kapil Lakhotia is glad to see companies like Big Viking growing.



Smile! Jacqueline Malison is the new happiness coordinator at Big Viking Games. CONTRIBUTED

"Big Viking Games is a valuable addition to our growing cluster of digital

interactive game development companies in London," said Lakhotia.

So he's happy, too. Let's give the credit to the happiness coordinator.

Hire One

Program encourages companies to add to their staff

The new happiness coordinator was hired as part of the City of London project Hire One, which encourages local companies to add one extra member of staff.

Big Viking Games, always ready to go the extra mile, actually hired two people. It also took on a new, well-paid, video games producer.

Hire One offers encouragement and resources to local companies, to help them cut local unemployment one job at a time.

"Great to see London employers are hiring and are taking the time to let us know," said Robert Collins, London Economic Development Corporation's director of workforce development. "While not all employers are letting us know their hires, 64 per cent of the reported jobs are new positions. Over 1,000 of all jobs are full-time, permanent positions.

"For job seekers, it means that employers are hiring and offers encouragement to keep up their job search efforts."

As of Monday, its registered participants had hired a total of 2,524 people. The most recent were employed by organizations including London Hydro, Startech, Sifton Properties, Goodwill Industries and Kongsberg Protech Systems.

Visit hireonelondon.ca for more information.

MIKE DONACHIE/METRO



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Contract is a turnaround for General Dynamics

Saudi Arabia.
Announcement
secures jobs at London
factory



MIKE DONACHIE
mike.donachie@metronews.ca

They waved their flags and cheered, and the relief in the room was obvious to everyone.

In August last year, General Dynamics Land Systems Canada laid off 67 workers due to a shortage of work.

Now its 2,300 staff are looking forward to a busy time for at least the next 14 years — and, according to vice-president Danny Deep, beyond.

Nobody had a head count, but there was a huge crowd in the hangar at the com-

pany's east London plant to hear Trade Minister Ed Fast announce the deal to make light-armoured vehicles for the Saudi Arabian government. Easily more than 1,000 were there to hear him speak.

Fast called it "the largest manufacturing export contract in Canadian history," and the cheering was so loud that he said it again.

Deep said he knew what staff had been through due to the uncertainty at the factory. Putting off personal decisions and being unable to plan for the future has been tough, he said.

"I'm here to tell you that you should be looking ahead with confidence and all sorts of excitement because the road ahead has never been brighter," he said, and was rewarded with huge applause.

For two hours on Friday, the GDLS plant was the



General Dynamics Land Systems workers pose with (back right) Trade Minister Ed Fast and (back, second from right), company vice-president Danny Deep at the announcement of the Saudi Arabian deal. MIKE DONACHIE/METRO

By the numbers

\$10 billion is the minimum amount the contract's expected to be worth. About 3,000 jobs should be created by the Saudi Arabian deal.

- 40 per cent of them — that's about 1,200 — are expected to be in southwestern Ontario, either at General Dynamics or its suppliers

- 90 per cent of the total number will be full-time jobs
- Six years of production of light-armoured vehicles is involved
- 14 years is the total life of the contract, including a servicing and warranty period

happiest place in the city. The handshakes being exchanged included Mayor Joe Fontana, who said, "What a Valentine's Day this is."

Also there was Susan Truppe, MP, who said London will be "the epicentre of a cross-Canada supply chain, directly benefiting 500 local Canadian firms."

The man in charge of job creation in the city, London Economic Development Corporation chief Kapil Lakhota, said the announcement was exactly what was needed.

"The defence industry is the type of technology-intensive advanced manufacturing cluster we are trying to nurture in London," he said.

Quoted

"I'm here to tell you that you should be looking ahead with confidence and all sorts of excitement because the road ahead has never been brighter."

Vice-president of General Dynamics Land Systems Canada Danny Deep about job security at the plant. The company announced a deal to make light-armoured vehicles for the Saudi Arabian government that promises to keep their 2,300 staff busy for the next 14 years.

Possibility of Ontario election looms

The Ontario legislature resumes Tuesday with the prospect of a spring election looming and the minority Liberal government reeling after another two byelection losses last week.

The main focus of the session will be the budget, expected in late March or early April, which will lead to the government's defeat and automatically trigger an election if the Liberals can't secure a third deal with the New Democrats to support it.

NDP Leader Andrea Horwath talked tough after the party took Niagara Falls from

the Liberals in a byelection last Thursday, saying voters sent a clear message that it was "time for a change."

Horwath was still complaining Friday about the Liberals not keeping promises in the last two budgets, accusing them of "spinning the numbers" instead of cutting car insurance rates and saying they still had not created a financial accountability office.

But when pressed about the possibility of defeating the Liberals on the budget, Horwath said she doesn't have "election fever" and will consult voters

Quoted

"There is an appetite among many people for change, and I understand that ... We've been in office for 10 years, but I've been the premier for a year, and I am the change that we are bringing to the province of Ontario, and that's the conversation I'll be having with the people in a general election."

Premier Kathleen Wynne

on whether they feel the Liberals have kept their word and can be trusted to do so again.

"The other two leaders might talk about elections all

the time and whether or not they want an election or they don't, what I'm going to talk about is the priorities of Ontarians, making sure they are

front and centre," she said.

Progressive Conservative Leader Tim Hudak, breathing a big sigh of relief after the Tories held on to the suburban Toronto riding of Thornhill in Thursday's other byelection, said voters had sent a "powerful message" that it's time for a change.

Hudak, who has been pushing for an election almost since the day the Progressive Conservatives lost the 2011 campaign, said his party captured the most votes in the seven byelections held since Wynne became Liberal leader a year

ago, even though they won only two. The NDP won three and the Liberals won two.

"People want change, and as we've seen in the byelections last Thursday and last summer, people want a change from the Liberals, who dropped to 20 per cent in Niagara Falls," he said.

Wynne downplayed the importance of the Liberal losses — calling the byelections "skirmishes" that allowed people to "vote with impunity" knowing it wouldn't change anything in the legislature — but said she knows voters want change.

THE CANADIAN PRESS

Bigger not better for all

Talbot and Fullarton. City's tallest building to be debated Tuesday

London's skyline may take on a different look sometime in 2015, but not everybody is on board with the idea.

Toronto developer Rygar Corporation is aiming high with a proposal to build the city's tallest building at Talbot and Fullarton streets. The idea will be presented to the city's planning committee Tuesday for debate.

The building is designed to be 33 storeys with a mix of retail, offices and 248 residential units on floors eight to 33. The plan also calls for underground

and above-ground parking. The cost of construction could reach \$100 million.

But some in the area are concerned about more traffic coming into and out of the area.

Residents of 500 Talbot St., who signed a petition, claim the structure will affect the character of the area and that housing so many people without making changes to the roadway will create traffic gridlock.

"It's bound to create some traffic," said Mac Haig. "Getting in and out of our garage onto Dufferin at rush hour is a problem now, so I presume it would increase that."

He also said a beautiful view will be obstructed.

But personal issues aside, he believes the building will be

The project

- 33 floors (108.15 m tall)
- 705 sq. m commercial/retail space
- 770 sq. m office space
- 248 residential apartments

good for the area. "Everybody in here might not concede this, but I think that it's probably good for the downtown overall. The more residents there are, the healthier the downtown will be."

The building is designed to be slightly taller than One London Place. **SCOTT TAYLOR/METRO**

Chevrolet Silverado

Woman charged with vehicle theft

A London woman was arrested Monday after being caught in a car that police said was stolen.

At about 7:30 a.m., police were called to the area of Hamilton and Gore roads for a report of a stolen newer model white Chevrolet Silverado located in the area of Trafalgar and Egerton streets. A vehicle stop was conducted and the female driver was taken into custody.

Kimberley-Lee Wegg, 33, of London, was charged with possession of stolen property. **METRO**

Woodstock

Police looking for info after crash

A hit-and-run in Woodstock had cops appealing for information on the weekend.

There was a collision at the intersection of Springbank and Nellis at about 6:40 p.m. Saturday. Police said a 2009 Dodge Journey was stopped at the lights when it was struck from behind by a black SUV, which was driven away. It was last seen going eastbound on Nellis. It has extensive front-end damage. The occupants of the Dodge were not injured. Call police with any information. **METRO**

London forecast

Oh no. More snow

Environment Canada issued a special weather statement for the London region overnight Monday and into the morning commute Tuesday.

The forecast called for up to 10 centimetres of snow and blowing winds causing drifting and potentially hazardous driving conditions. The snow comes as temperatures finally begin to hover around or above freezing and the week should include more flurries and some rain every day through Friday, which should be the warmest of the week at 4 C.

SCOTT TAYLOR/METRO



Family time as Lightning win

It was Family Day on Monday and a perfect time for Chris Seddon to introduce his young daughter, Chloe, to the game of basketball. Chris, Chloe and Chloe's mom, Kate Moncrieff, all had court-side seats as the Lightning beat the Brampton A's by a score of 114-96. **MARK SPOWART/FOR METRO.**



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Students trapped, killed after roof collapses in South Korea

Investigation continues. Recent heavy snowfall contributed to disaster at freshmen ceremony attended by over 500

The roof of a resort auditorium collapsed during a welcoming ceremony for South Korean university freshmen, killing nine and likely trapping about 10, officials said Monday.

The dead included seven students and an adult; officials weren't sure if the ninth victim was a student. About 80 people were sent to hospitals with minor injuries, according to officials at the state-run National Emergency Management Agency.

Recent heavy snow, sleet and icy roads hampered rescue operations after the roof's collapse. Emergency staff worked to pry students

from beneath twisted metal and rushed the injured on stretchers to waiting ambulances. Officials initially estimated that 17 people were seriously injured but later said the injuries weren't severe.

South Korean media reported that the heavy snowfall was believed to have resulted in the collapse, but the cause was still being investigated.

About 560 students from Busan University of Foreign Studies had been scheduled to attend a two-day freshman orientation at the Manua Ocean Resort in the southeastern city of Gyeongju and were in the auditorium when the roof collapsed, the officials said. An official had earlier incorrectly said there were a total of 1,000 students at the resort.

Many of the students managed to get out of the building by themselves, officials said.

THE ASSOCIATED PRESS



A woman trapped in the rubble of a collapsed resort building waits to be rescued in Gyeongju, South Korea, Monday. South Korean police and news reports say dozens of university students were feared trapped after a building's roof collapsed because of recent heavy snowfall. LEE SANG-HYUN/YONHAP/THE ASSOCIATED PRESS

Co-pilot hijacks own flight, asks Swiss for asylum



Police stand on the stairs after passengers were evacuated from a hijacked Ethiopian Airlines plane at a Geneva, Switzerland, airport on Monday. SALVATORE DI NOLFI/KEYSTONE/THE ASSOCIATED PRESS

It seemed like a routine flight until the Ethiopian Airlines jetliner went into a dive and oxygen masks dropped from the ceiling. Only then did the passengers — bound for Italy from Addis Ababa — realize something was terribly wrong.

The co-pilot locked the captain from the cockpit, commandeered the plane and headed for Geneva. He used a rope to lower himself out of a window and asked for political asylum.

Authorities say a prison cell is more likely.

One passenger said the hi-

jacker threatened to crash the plane if the pilot didn't stop pounding on the locked door. Another said he was terrified "for hours" Monday as the plane careened across the sky.

"It seemed like it was falling from the sky," 45-year-old Italian Diego CarPELLi said.

The jetliner carrying 200 passengers and crew took off from the Ethiopian capital on a flight to Milan and then Rome, but sent a distress message over Sudan that it had been hijacked, an Ethiopian official said. Once the plane was over Europe, two Italian fighter

jets and later French jets were scrambled to accompany it.

The plane landed in Geneva at about 6 a.m. Officials said no one on the flight was injured and the hijacker was taken into custody after surrendering to Swiss police.

"The pilot went to the toilet and (the co-pilot) locked himself in the cockpit," Geneva airport chief executive Robert Deillon told reporters. He "wanted asylum in Switzerland."

It wasn't immediately clear why he chose Switzerland, where Swiss voters recently

demanding curbs on immigration. Italy has a reputation among many Africans as not being hospitable to asylum seekers.

The co-pilot was identified as Hailemedhin Abera, a 31-year-old Ethiopian man who had worked for Ethiopian Airlines for five years and had no criminal record, said Ethiopia's communications minister, Redwan Hussein, adding that Ethiopia will seek his extradition. Geneva police said he claimed he felt threatened at home.

THE ASSOCIATED PRESS

Endangered species

Fin whale meat shipped through Canada

Canada's trade laws involving at-risk species are being questioned after meat of the endangered fin whale was recently shipped through the country.

Greenpeace Canada is urging Ottawa to imple-

ment stronger measures after it says the meat arrived in Halifax from Iceland about three weeks ago and was transported across the country en route to Japan.

Canada is a signatory of the Convention on International Trade in Endangered Species of Wild Fauna and Flora, which includes the fin whale in a list of the most endangered species.

THE CANADIAN PRESS

'Freedom to panties!'

Many don't cotton to Russian ban on lacy underwear

A trade ban on lacy lingerie has Russian consumers' knickers in a twist.

The ban will outlaw any underwear containing less than six per cent cotton from being imported, made or sold in

Russia, Belarus and Kazakhstan, and has struck a chord in societies where Victoria's Secret is panty paradise compared to Soviet-era cotton undies.

On Sunday, 30 women protesters in Kazakhstan were arrested and thrown into police vans while wearing lace underwear on their heads and shouting "Freedom to panties!"

THE ASSOCIATED PRESS

Study

Saliva may help predict boys' depression risk

A saliva test for teenage boys with mild symptoms of depression could help identify those who will later develop major depression, a new study says.

Researchers measured the stress hormone cor-

tisol in teenage boys and found that ones with high levels coupled with mild depression symptoms were up to 14 times more likely to suffer clinical depression later in life.

The test was tried on teenage boys and girls, but found to be most effective with boys.

There is currently no biological test to spot depression.

THE ASSOCIATED PRESS

N. Korea. UN panel warns Kim Jong Un could face international prosecution

A UN panel warned North Korean leader Kim Jong Un on Monday that he may be held accountable for orchestrating widespread crimes against civilians in the secretive Asian nation, ranging from systematic executions to torture, rape and mass starvation.

It is unusual for a UN report to directly implicate a nation's leader.

But in a letter accompanying a yearlong investigative report, the chairman of a three-member UN commission of inquiry, retired Australian judge Michael Kirby, directly warned Kim that international prosecution is needed "to render accountable all those, including possibly yourself, who may be responsible for crimes against humanity."

"Even without being directly involved in crimes against humanity, a military commander may be held responsible for crimes against humanity committed by

Crimes against humanity

The report is a wide-ranging indictment of North Korea for policies including:

- Political prison camps with 80,000 to 120,000 people

forces under the commander's effective command and control," Kirby wrote.

"They are wrongs that shock the conscience of humanity," Kirby said, comparing them with Nazi atrocities.

North Korea is unlikely to face prosecution because China, one of five veto-wielding members of the UN Security Council, generally opposes such referrals to the International Criminal Court.

"Too many times in this building there are reports and no action," Kirby said of the UN. "Well, now is a time for action. We can't say we didn't know."

THE ASSOCIATED PRESS

Rainbow-clad LGBTQ activist detained in Sochi



Vladimir Luxuria, a former Communist lawmaker in the Italian parliament and prominent crusader for transgender rights, is detained by police after entering the Shayba Arena in Sochi, Russia on Monday. DAVID GOLDMAN/THE ASSOCIATED PRESS

Olympics. Prominent transgender rights crusader removed from hockey game

An Italian activist shouting "It's OK to be gay" and dressed in a rainbow-coloured outfit and large headdress was detained Monday as she entered an arena to watch an Olympic hockey game.

Vladimir Luxuria, a former Communist lawmaker in the Italian parliament who has become a prominent transgender rights crusader and television personality, was stopped by four men and then driven away by police in a car with Olympic markings.

It was not known where she was taken.

Luxuria had been walking around the Olympic Park in Sochi for about two hours. She was shouting "Gay is OK" and "It's OK to be gay" in both Eng-

lish and Russian.

Luxuria earlier said she was detained on Sunday evening by Russian police who told her she should not wear clothes with slogans supporting gay rights. Police denied detaining her.

On Monday, the Italian activist walked around the Olympic Park with a group of journalists, attracting onlookers.

Luxuria arrived at a ticket inspection barrier at the hockey arena just before an evening game was due to begin. She passed through the barrier and was being given directions to her seat when four men who were not wearing any identification surrounded her and started shouting "take her away." They then led her out of the venue and to the parking lot.

As she was being led away from Shayba Arena, she was shouting "I have a ticket."

It was not immediately clear why Luxuria was detained.

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Public hearings

All aboard for high-speed trains in New York state?

New York transportation officials are setting up public hearings to discuss options for an idea that has been kicked around for years but has yet to leave the station: high-speed passenger rail service. **THE ASSOCIATED PRESS**

08

BUSINESS

metronews.ca
Tuesday, February 18, 2014



Rail industry on track to study risk of carrying oil

At least 10 times since 2008, freight trains hauling oil across North America have derailed and spilled significant quantities of crude, with most of the accidents touching off fires or catastrophic explosions. Now, the railroad industry, at the urging of the Obama administration and safety officials in the U.S. and Canada, is considering a closer look at the risks posed by trains that now carry hazardous liquids through every region of the country. **THE ASSOCIATED PRESS FILE**

More Mexico-Canada air-travel links coming

Mexico City.

Harper government set to extend olive branch while on visit

Prime Minister Stephen Harper landed in Mexico City Monday with a plan that could pave the way for getting rid of

his host's biggest complaint about Canada — the onerous visa on Mexican travellers.

Trade Minister Ed Fast, who is also in Mexico with the prime minister, has been authorized by the federal cabinet to sign an expanded airline access agreement with Mexico. The Canadian Press has learned.

THE CANADIAN PRESS

Sign of things to come?

The expanded air access would likely be a precursor to the Conservative government eventually lifting the controversial visa it slapped on Mexican travellers in 2009 to combat an increase of bogus asylum seekers.

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ESTHETICS OVER ATHLETICS

I've noticed an interesting new trend among my extended social circle of Instagram acquaintances and Facebook "friends."

Alongside all the birth announcements and engagement photos, there seems to be an increasing number of women in their 20s and 30s participating in fitness figure competitions.

It's hard to ignore the myriad of progress photographs populating my newsfeed. Women are chronicling their transition from thin, healthy-looking individuals into sculptured hard bodies and uploading a gratuitous amount of full-body shots to bait friends and family into commenting on their changing physique.

Bodybuilding is big business and the amateur industry is growing at a tremendous rate.

The International Natural Bodybuilding Federation hosts over 50 figure-based competitions across North America every year, attracting thousands of men and women to the stage.

For the female competitions, judging is based on a variety of



SHE SAYS

Jessica Napier

metronews.ca

factors including muscle tone, leanness, overall symmetry, facial beauty (makeup, hair, etc.), stage presence, poise and elegance.

Women are required to wear a two-piece swimsuit (solid colour, no patterns, sparkles and sequins encouraged) and high-heeled shoes. There is also an unwritten rule about applying an obscene amount of tanning lotion.

Built and bronzed competitors strut across the stage to show off their musculature through a series of mandatory poses. According to the IN-BF website, judges are looking for a "toned, conditioned physique with no visible cellulite or fat."

Aren't we all!

But in all seriousness, many of the factors on which these participants are evaluated don't exactly correlate to athletic values, but seem to align a bit more with traditional pageant ideals.

Poise, elegance and facial beauty aren't skills you work on at the gym; and yet you can't deny the work it takes to get on

that stage.

Attaining a fitness model figure requires an incredible amount of discipline and strength.

Competitors must adhere to an extremely restricted diet and spend months working through an intense physical training program. In the days leading up to these competitions, women will cut back to 800-calorie-a-day diets, exercise for four hours or more a day and dehydrate themselves in an attempt to make their muscles pop.

Bodybuilding is an endurance sport that takes an incredible amount of mental and physical determination, but I have to wonder what the point of all of it is.

Even if the end goal is to look fit, the emphasis is still on appearance rather than performance-based goals. It seems bizarre to me that competitors spend so much time building their bodies in order to show off how they look rather than what they can do. Why flex instead of lift, or pose instead of press?

Why would a strong woman work so hard for so long only to show up on the day of the competition, slip into a rhinestone bikini and hope the judges decide she's the best-looking gal on stage?

ZOOM

Hey kids, dying for your country is fun!



ALL PHOTOS JOHANNES SIMON/GETTY IMAGES

German army piques interest with youth 'adventure camps'

Youths prepare for hiking in the Bavarian Alps with members of the alpine combat units of the German armed forces, or Bundeswehr, during the Bundeswehr's Adventure Camp Monday.

GETTY IMAGES

Budding Bundeswehr recruits?

Approximately 30 youths took part in the annual, four-day event that gave them an opportunity to get a glimpse into Bundeswehr life and to encourage them to pursue a professional career in the Bundeswehr.



The program has attracted flak from critics who say the army should keep its recruitment tactics targeted only towards adults.

Clickbait



IRENE KUAN
Metro Online

Higher education can be time-consuming and expensive, but imagine being able to study a Harvard University-offered course online for free. This is where Massive Open Courses (MOOCs) come in handy, without the commute, or hefty tuition. Here are three MOOC sites that offer free online learning.

Coursera: Coursera is a social entrepreneurship company operated in partnership with Stanford University. It works with other schools to make their courses free online. Students can choose to study a variety of subjects, from humanities to physics. Certificate programs are also available but this is where it will cost you. In Dec. 2013, Coursera introduced an iPhone app for their educational tool.

EdX: EdX offers online courses specifically for interactive study. It was founded by MIT and Harvard University in May 2012, offering university-

level courses in a variety of disciplines, and currently has 1.6M users enrolled, with over 29 schools offering courses through the site. EdX also collects users' clicks and analyzes the data to learn about the demographic of each registrant.

Udacity: Udacity looks to help users advance their careers through project-based online classes. The educational organization was first branched out from the free computer science courses offered through Stanford University in 2011 but has since expanded to eight full courses and 25 free coursewares.

Comments

RE: Lululemon Bans Customers for Reselling Yoga Pants? Published online Feb. 13, 2014

Just another corporate cult getting too full of themselves because of the success they've enjoyed. I can

relate to protecting ones brand, but do you see ANY other manufacturer from VW to Apple telling their purchasers that they'll be banned if they try to sell their own goods? Frankly its obnoxious. They've drank too much of their own Kool-Aid.

Stuart Rudolph, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

SCENE 2

DVD review



On the Job

Director. Erik Matti

Stars. Piolo Pascual, Gerald Anderson, Joel Torre

• • • • •

Idealism dies hard in this Filipino crime thriller, which premiered at Cannes 2013 and which makes up in characters and action what it lacks in narrative innovation. Director Erik Matti and his crew put together a Hollywood-beckoning drama that favourably recalls the bone-deep corruption and generational mentoring of *A Prophet* or *Donnie Brasco* or any number of similar genre films. "No one's clean in this line of work," a character observes, and the remark could apply to toilers on both sides of the law who are busily eliminating opposition to their illicit activities. The proverbial one good cop caught in the crossfire (Piolo Pascual) has tangled family connections that are giving him grief. Where Matti excels is in action scenes, including a subway chase that recalls a similar one in *The French Connection*. Extras include deleted scenes and a making-of featurette. **PETER HOWELL**

Amazing Alice: Not just another Holocaust story

The Lady in Number 6: Music Saved My Life.

Oldest living pianist and Holocaust survivor is star of Malcolm Clarke's documentary

Director Malcolm Clarke is keeping a level head about his Oscar nomination for the inspiring documentary *The Lady in Number 6: Music Saved My Life*. "I try not to think about it," he says cheerfully in an interview, although he stresses he's honoured by the nod.

But does he have any superstitions or rituals he's following in advance of the March 2 ceremony in Los Angeles? He says no, he's not superstitious. Except "Someone said to me yesterday, 'Have you written your speech?' The last thing I would do is write a speech. I think it would jinx it."

Clarke already has one of the coveted golden statues, winning the best documentary short category in 1989 for *You Don't Have to Die*, about a child battling cancer who inspired other youngsters with the disease. When he accepted that Oscar, he thanked the Academy for continuing to honour documentaries at a time when there was a push to exclude them from the awards.

The Lady in Number 6 tells the story of 110-year-old Alice Herz-Sommer, described as the world's oldest living pianist and the oldest survivor of the Holocaust. It's impossible not to be captivated by the bright-eyed, joyful woman whose frail hands still manage



Alice Herz-Sommer, a Holocaust survivor who's the subject of the Oscar-nominated documentary *The Lady in Number 6: Music Saved My Life*, which was made by a Canadian crew. KIERAN CRILLY / THE CANADIAN PRESS

to tickle soul-touching music out of the piano in her London apartment. Her sunny outlook along with the music, she says, helped her survive her darkest moments.

"Music saved my life and music saves me still," she says in the film. It's a philosophy that was crystal clear during the two weeks the film crew spent talking to Herz-Sommer in her tiny apartment.

"She says in the film there's beauty even in the bad things in life, you just have to know where to look for it," said executive producer Frederic Bohbot, founder of Montreal's Bunbury Films. Clarke, who is British but has lived in Montreal since the mid-1990s, was initially reluctant to make the film on Herz-Sommer because he'd already made a film on the Holocaust.

"I had had enough of dealing with Holocaust material,"

Quoted

"She (Alice Herz-Sommer) says in the film there's beauty even in the bad things in life, you just have to know where to look for it."

Frederic Bohbot, Executive producer of *The Lady in Number 6: Music Saved My Life*

said the director. "When you sit with that material for any length of time, it can get to you. It wears on you psychologically." Clarke was nominated for an Oscar in 2003 for *Prisoner of Paradise*, which chronicled Kurt Geron, a German-Jewish performer who was interned in the Theresienstadt concentration camp in what is now the Czech Republic and forced to make a now-infamous propaganda film for the Nazis.

But a meeting with Herz-Sommer, who was interned with her young son at Theresienstadt, a feeder camp for the Auschwitz death camp,

changed his mind.

"I only sat with her for an hour, an hour and a half and at the end of that meeting, I realized that . . . we should do it because she was so remarkable and her story was much bigger than just being a Holocaust story. "I don't think of this film as a Holocaust film at all. It's certainly important in Alice's life. It forged who she became afterwards (but) it's a film about much more than that."

At the risk of being "highfalutin," he says *The Lady in Number 6* is about the indomitability of the human spirit.

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Jo Lynch from Viking River Cruises will be giving a presentation on our excursion, Carlson Wagonlit Travel Counsellors will be available for questions and booking information and you will have an opportunity to meet your host for our tour, Gail Verweel.

Date: Tuesday February 18th, 2014

Time: 6:30pm. To 9:00pm.

Place: The Wortley Road House - The Village Room
190 Wortley Rd. London ON, Presentation 7:00 p.m.

European Christmas Markets are an amazing experience, join us and learn more...

Perez writes that Lopez has been a diva from day one



Jennifer Lopez

Rosie Perez reveals in her new memoir, *Handbook for an Unpredictable Life*, that she and Jennifer Lopez aren't on the best of terms — and it's been that way for a long, long time. Perez first encountered Lopez when the Jenny from the Block singer auditioned to be a Fly Girl dancer on *In Living Color*, where Perez was the choreographer. Perez says she fought to get Lopez on the squad — despite show boss Keenan Ivory Wayans complaining that she was “chubby and corny” — only to regret it when Lopez displayed early signs of diva-dom. “All of the girls were coming into my office complaining how she was manipulating wardrobe, makeup and me, all to her advantage,” Perez writes, adding that when confronted, Lopez went off on her like “some ghetto biatch, screaming and pounding her chest.”

A baby bundle for arguably the most adorable pair in Hollywood

Emily Blunt and husband John Krasinski are officially parents, welcoming a baby girl Sunday in Los Angeles, the proud papa announced via Twitter. “Wanted to let the news out directly. Emily and I are so incredibly happy to welcome our daughter Hazel into the world today,” the former *Office* star wrote. It's the first child for Blunt and Krasinski, who were married three and a half years ago in Italy.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



One song wasn't enough to cover Taylor's too-Swift fall for Gyllenhaal

The lyrics to some of the songs on Taylor Swift's last album suggested that her relationship with Jake Gyllenhaal didn't end too well, but apparently we had no idea. A source tells Radar Online that the entire album was inspired by the fallout from their split, with the song *The Moment I Knew* chronicling Swift's disastrous 21st birthday party, at which Gyllenhaal was reportedly

a no-show. “Taylor thought maybe he was planning some sort of surprise. Nope. He didn't show up and she locked herself in the bathroom and cried the entire night,” the source says. “Her breakup with Jake inspired every word of (the album) *Red*.” So why did this brief romance reportedly hurt more than the others that Swift used as fodder for hit songs?

According to the source, Swift had been “saving herself for marriage” but decided to scuttle that plan after three months of dating Gyllenhaal.

“She thought she was going to marry Jake, that's how in love she was with him.”



New bone-chiller to be released by Potter penwoman's alter-author

J.K. Rowling is back with a novel involving a writer whose acid-tipped pen may have led to murder.

Publisher Little, Brown said Monday that it is publishing a second book by Robert Galbraith, the Harry Potter author's thriller-writing pseudonym.

The *Silkworm* sees the

return of detective Cormoran Strike, the ex-soldier hero introduced in *The Cuckoo's Calling*. In the new book, Strike investigates the disappearance of a novelist who has written a book that features scathing descriptions of real people.

The *Cuckoo's Calling* initially attracted little no-

tice when it was published last year, but rocketed up the charts once Rowling was exposed as its author. A lawyer has been fined for letting slip the writer's identity.

The *Silkworm* will be published June 19 in Britain and June 24 in the U.S.

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Invert, breathe, repeat

Mood changers. Here are three simple ways to turn that frown upside down and take control of how you feel

GABBY BERNSTEIN

Metro World News in New York City

In the midst of busy schedules and managing to-do lists, happiness can become an afterthought and a bad mood can come on quickly.

It's important to know that there is a way out. You have the power to shift your focus and reorganize your energy to change your mood in any given moment. Follow these three steps and empower yourself with tools to get happier quickly.

Don't try to change the world around you, just change the way you see it.

All of the experiences that you have are a direct reflection of your internal beliefs. By cleaning up those beliefs you can clean up your life.

Take an inventory of the ways that you project negativity into your life. Whatever you focus on grows. Therefore, it's time to shift your focus.

Choose one area of your life where you're the unhappiest. Then for the next 40 days, commit to focusing on the good stuff. Change your thoughts, words and actions. Be diligent about this practice and you'll quickly begin to experience miraculous shifts in this area.



Paying attention to how you breathe will help to shift your mood. ISTOCK

Turn your mood upside down.

One of the best ways to get your happy on is with a simple inversion. Turn your negativity upside down with an inversion for one minute (or more) a day.

Move into a shoulder stand: Lie on your back, and press your legs straight up overhead. Exhale and bend from the hip joints to slowly lower your toes to the floor behind your head. Keep your torso perpendicular to the floor and your legs fully extended. Lightly drop your toes to the floor and lift your thighs and tailbone toward the ceiling. Draw your chin away from the breastbone and soften your throat.

To enhance the posture, you can press your hands

against the back torso and press your back up toward the ceiling. You can use your hands for support or you can release them away from your back and stretch the arms out behind you on the floor.

To exit the pose, drop your hands onto your back again and raise your legs into a shoulder stand and exhale your way down to the ground.

This simple practice can turn your bad mood, stress or foggy mind upside down and recharge your energy.

Most importantly, inversions will lift your spirit and relieve depression. When you increase your circulation and send oxygen to the brain, you release neurotransmitters and

endorphins while balancing your hormones. This will make you happier!

Change your breath pattern.

The moment we change our breath pattern we change our energy, thereby changing our experience. Whenever you notice yourself about to relapse into negative behaviour, take a long, deep breath. Your calm and centered energy will support you in positive behaviour.

Whenever you notice your mood's gotten the best of you, practice one of these tools and find your way out. You have far more power than you think. Take your happiness into your own hands and start consciously changing your mood today.

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Kris Abel
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Half-Off



Elisha's plan to lose 10 pounds in six weeks hit some snags, and she actually ended up gaining weight ... but is the setback going to keep her from reaching her goal? Visit metronews.ca/voices/half-off to find out.

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You don't spend it all in one place, so just where does your money go?

Go figure. Knowing what you're paying out each month will put you in control



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Do you know what you're spending every month? Guess what Statistics Canada says the average Canadian spends a month. Go ahead, guess. No, I'm not going to tell you yet. I want you to figure out what you're spending first, and then I'll give you the averages.

Don't even know where to start? Grab your last month's bank statement(s), credit card statement(s), and line of credit statement(s). Now, break every transaction into one of the following categories:

- Shelter (mortgage, rent, hydro, heat, taxes, maintenance)
- Services (cable, telephone, security, home cleaning, cell, Internet, childcare, health, pets)
- Food (everything you put in your mouth and swallow, including restaurants)
- Shopping (any STUFF you bought for yourself and anyone else — everything!)
- Transportation (car payment, gas, repairs, highway tolls, taxis, bus, train)

- Entertainment (movies, books, magazines, hobbies, gym, club, sports)
- Bank fees (service charges, ATM fees, NSF fees — don't include interest)
- Interest costs (from everywhere)
- Debt repayment (don't worry about splitting out interest and principal, just total all your debt repayment amounts)
- Savings

If you're the average Canadian, according to the Stats man, you're spending (based on 2011 figures) about \$1,611 a month to keep a roof over your head, \$650 on food, \$280 a month on clothes, \$936 on transportation (jeez, really?), and \$309 on recreation. But those are averages and there's nothing average about YOU so you have to figure out your own numbers to even know where to start with your money management.

Don't want to be bothered spending the time figuring out where your money is going? Then you shouldn't be surprised when you keep on digging yourself into a debt hole. Only when you're ready to put some effort into making things right, will you end up creating a different result.

Most people spend without even thinking about it. When I suggest that you can find the money you need to save or pay down your debt, it isn't a matter of cutting back to the



The average Canadian spends \$650 a month on food. iStock

point where you're having no fun at all. But wouldn't it be interesting to see just where the money goes when you're really paying attention?

As our disposable income comes under fire from constantly rising costs and our wants are forced to give way to our needs, it's important we know where every penny is going. The average debt load for households in Canada is up by more than 80 per cent since

1990. And while many of the world's economies and households are reducing their debt levels, in Canada ours continue to climb. Recklessly, we continue to spend money we haven't yet earned. And when our ability to earn hits a bump in the road, if we don't have our expenses under control, the smash-up will be bloody horrible.

If you believe there will always be more money, it's time

to wake up and smell the coffee: In January 2012, wages lagged inflation by 0.3 per cent following a six-month period when wages lagged inflation by more than one per cent. So we are falling more and more behind.

You can whine about the economy, bitch about your employment options, worry about money, or you can DO something. That doing means figuring out exactly where

your money has been going. Only then can you decide if your money is working the way you want it to. Only then can you take control and make your money work as hard for you as you do for it.

So, are you ready to take control of your money and your life?

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Tax

Talk



Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

Can't Wait To File?

Q

When can I file my return?

A

I wish everyone was so eager to file. The NETFILE system opened February 10 for electronic filing, so you can hit Send as soon as you are ready. Make sure you have all your T4s and other receipts before you file. If not, you will have to file more paperwork to do an adjustment or the CRA will notice and reassess your return. It may be tempting to file quickly to get your refund, but missing slips will lead to headaches later.

Q

I haven't filed a tax return in five years. What is the best way to catch up?

A

My advice is to take it one year at a time. And do it now before the CRA sends you a request to file. Start with the oldest year first and work your way forward. Don't get overwhelmed by doing all five years at once. Mail each year when it is ready. Mail is the only option for returns older than 2012. Call the CRA and request any T slips you are missing. Processing will take a little longer but you will receive benefits like the GST/HST retroactively if you qualify.

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Cheat your way to Chana

THERESA ALBERT

myfriendinfood.com

There is no way I would disgrace the ancient art of Indian cooking and call this a true chana masala. The exquisite mixture of spices and slow simmering of chickpeas can't be beat, but this recipe takes 20 minutes, is low in fat, tasty as heck and a crowd-pleaser. A simple side of sautéed spinach and an extra bottle of beer is all you need to make this week-night meal a true treat.

1. Warm a large skillet or wok over medium high heat and

Ingredients

- 1 tbsp butter
- 1 onion
- 1 medium sweet potato
- 1 tbsp curry powder
- 1 tsp cardamom pod
- 1 can chickpeas
- 1 bottle beer
- 1/2 cup tomato sauce
- Pinch hot pepper flakes



This recipe serves six. COURTESY THERESA ALBERT

add butter.

2. Slice onion and add, allow to brown.

3. Peel and chop sweet potatoes and add to onion.

4. Stir in curry powder and smash cardamom pods with

the back of knife and add, stirring to coat. Add chickpeas and stir. Pour beer into skillet and stir in tomato sauce as well as hot pepper flakes.

5. Simmer, uncovered, to thicken and soften potatoes, 10 minutes. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TO-**

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"Number one job site" based on six-month average online job postings for period ending January 31, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.



A savings game plan you can bank on

YLVA
VAN BUUREN
For Metro

Not completely satisfied with your RRSP contribution this year?

Here is an annual game plan for saving for retirement that can help you do a little better next year.

There are many things you can do at different points throughout the year.

1 First things first — you have to get your finances organized, says financial adviser Aaron Keogh, president of the Windsor chapter of Advocis, The Financial Advisors Association of Canada. Early in the year, create and start following a budget. “A budget is designed to help you decide where you wish to allocate your money. How much do you need to spend on fixed living expenses? How much do you want to spend on discretionary expenses? Is this really a proper usage of your resources,” Keogh suggests using a budget tracker — there are numerous options



If you follow a game plan each year, it may make it easier to save money for the future. The first step is to get your finances organized. ANDREY_POPOV/SHUTTERSTOCK

available on the market.

2 Once your taxes for 2013 are done, review registered investments. What is

your RRSP contribution room limit, and should you utilize RRSPs and the tax-free savings account (TFSA) in 2014 to

put yourself into a better position going forward? Keogh suggests setting up automatic contributions (on a weekly or

monthly basis) into TFSAs, RRSPs, or both.

3 Review non-registered investments. You may

be able to improve your tax situation by shifting non-registered savings accounts, stocks or mutual funds into TFSAs, Keogh said. For example, if you have a savings account with three months of funds for a rainy day, it might make sense to move some of that money into a TFSA where it can grow tax-free if you have available room. “When January rolls around, you can shift funds from non-registered investments or TFSAs into RRSPs in order to save on taxes for 2014.”

4 Stay on budget during the summer. Schedule time once a week to review your budget and what you have spent.

5 Head into the winter holidays with a budget in mind, too.

6 As December comes to a close, “keep top of mind your goal, which is maximizing your tax savings and retirement savings,” Keogh said. In the new year, you will still have 60 days to make an RRSP contribution that can go towards the previous tax year.

Attempt to pay yourself first

Whose cash flow isn’t tight these days, which is all the more reason to pay yourself first when it comes to savings, says Christopher Dewdney, a Toronto financial adviser and member of Advocis, The Financial Advisors Association of Canada.

“The whole purpose of the RRSP is not only the tax savings but, eventually, it’s going to be income during retirement.”

Here are some savings strategies.

- Change spending habits. Do a cash flow analysis so you know exactly what you are spending your money on and look for opportunities where you can reduce expenses. Start small, Dewdney said, be reasonable, and remember that every dollar counts.
- Stop the needless charges. If you use ATM machines from other banks, for example, charges are often doubled.
- Consolidate debt. If you have multiple payments (credit cards, loans, car loan, etc.), get a debt consolidation loan to reduce interest expense and free up cash.
- Save automatically. Set up automatic — weekly or monthly — deposits into your RRSP. You will get used



A cash flow analysis will help determine where you spend your money and how you can reduce expenses. GPOINTSTUDIO/SHUTTERSTOCK

to it quickly and once you see savings accumulate, it will be motivating, Dewdney said. “Also, you benefit because you’re not trying to time the market. Historically, your average costs are better.”

- Say yes to a group RRSP or pension plan. If your employer offers a company plan, take full advantage of it, especially if a percentage or amount will be matched. “If the employer is matching, say four per cent, you make a 100 per cent return of four

per cent,” Dewdney said.

- Catch-up loan. An RRSP loan is ideal for people with a good cash flow but not enough savings to make a lump-sum contribution, said Anthony Williams, vice-president of Academic Affairs, The Canadian Institute of Financial Planning. Many financial institutions can structure an RRSP loan so the first payment is deferred to May or June when you receive your refund.

YLVA VAN BUUREN

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Virtue, Moir take silver in curtain call



Ice dance. Celebrated Canadian skaters close out Olympic careers by finishing second to American archrivals

Canadian ice dancers Tessa Virtue and Scott Moir skated their "best performance of the year" in Monday's Olympic free dance, but it wasn't quite enough to beat their archrivals from the United States.

The defending champions skated a flawless free dance but had to settle for the silver medal after being edged by Charlie White and Meryl Davis.

The Canadians finished with 190.99 points after collecting 114.66 in the free dance.

"This is the biggest stage in the world so, of course, it's stressful," said Virtue. "It's a pretty ambitious program, and it's a loaded program, and I think we did it pretty well."

"We felt immense pressure. We trained 17 years for this moment."

The pair has said Sochi is their final Olympics.

White and Davis finished first with 195.52 points, including 116.63 in the free dance, to become the first



Tessa Virtue and Scott Moir captured the silver medals in the ice dance on Monday in Sochi, Russia. MATTHEW STOCKMAN/GETTY IMAGES

American champions ever in the event.

"It kind of all came together for us and we're so pleased to be here," said White. "We're kind of in disbelief."

Virtue, from London, Ont., and Moir, from Ilderton, Ont., trailed the Americans by 2.56 points after Sunday's short dance.

Moir said they were happy with their skate Monday.

"That was our best performance of the year for that program," he said. "That pro-

gram was our baby and it's special for us to perform it for the last time."

"We handled ourselves in the best way possible."

Elena Ilinykh and Nikita Katsalapov of Russia took bronze with 183.48.

Kaitlyn Weaver and Andrew Poje of Waterloo, Ont., finished seventh with 169.11 while Alexandra Paul of Midhurst, Ont., and Mitchell Islam of Barrie, Ont., were 18th with 138.70.

THE CANADIAN PRESS

Dominating the field

Two-pair competition

Virtue and Moir — two-time world champions — train with Davis and White in Canton, Mich., and share a coach in Russian Marina Zoueva.

Between them, the two North American teams

have captured every international ice dance title since Virtue and Moir won Olympic gold four years ago in Vancouver.

The results have swung in the Americans' favour over the last year, however, with Davis and White winning the 2013 world title and the Grand Prix Final in December.

Quoted

"That program was our baby and it's special for us to perform it for the last time." Scott Moir



Canada's Natalie Spooner celebrates scoring against Switzerland on Monday. THE ASSOCIATED PRESS

Surprise! Canada to play U.S. for gold

Canada will play for Olympic women's hockey gold again although their road through the tournament was less dominant than at previous Winter Games.

A 3-1 win over a tenacious Switzerland and their indefatigable goaltender Florence Schelling in Monday's semifinal propelled the Canadians to their fifth Olympic final.

The Canadian women

Rubber stopper

224

Switzerland goalie Florence Schelling has faced a tournament-leading 224 shots in her five games and is carrying a save percentage of 91 per cent.

have won the last three gold medals after falling to the United States in the first

Olympic women's hockey final in 1998.

The Canadians and the Americans meet for the title again Thursday and will play for the first time in the Bolshoy Ice Dome, where the men's games are.

"We're ready for this," six-time Olympian Hayley Wickenheiser said. "We have a lot of players who have been through this before and know exactly what has to be done."

"What do they say? Courage is just one step ahead of fear. You've got to play with courage and that's what it comes down to."

Toronto forward Natalie Spooner and Mélodie Daoust of Valleyfield, Que., scored their first goals of the tournament. Spooner scored twice.

Reigning world champion U.S. downed Sweden 6-1 in the other semifinal.

THE CANADIAN PRESS

Men's hockey

Russians protest disallowed goal

After a heated U.S.-Russia hockey match at the Sochi Olympics on Saturday, many Russian spectators have decided the cold war is back — and not just on the ice.

Demonstrators gathered in Moscow on Monday to protest a referee's call disallowing a Russian goal in the match that Russia ultimately lost in a penalty shootout.

The protesters, organized by the Kremlin party's youth group, donned Russian hockey jerseys and shouted, "Make soap out of the ref!" — a common expression among Russian soccer fans.

THE ASSOCIATED PRESS

Biathlon, snowboarding

Thick mountain fog delays events

Thick fog lingering over the mountains Monday caused the biggest weather disruptions of the Sochi Olympics so far, with a biathlon race and a snowboard event both postponed until Tuesday.

The fog rolled in over the mountains in Krasnaya Polyana on Sunday night and was still shrouding some of the Olympic skiing venues in a cloud-like mist by late Monday afternoon. That prompted organizers to call off the men's biathlon mass-start race and men's snowboardcross almost simultaneously.

THE ASSOCIATED PRESS

Ski jump

Austria's gold streak stopped cold by Germany

Germany took the lead with one group to go and edged Austria to win the Olympic ski jumping team gold medal on the large hill Monday at the Sochi Games.

The victory ended Austria's lengthy winning streak in the event. It had won gold in the last two Olympics and hadn't lost a team large hill competition since the 2005 world championships.

Canada finished last in the event. **THE ASSOCIATED PRESS/THE CANADIAN PRESS**

Canadian captain focused on only one goal: Gold

Men's hockey. Crosby's Sochi contribution goes beyond the score sheet, says Toews, Babcock

Ziga Jeglic and Janis Sprukts aren't Sidney Crosby, yet they're both outscoring the Team Canada captain in the Olympic hockey tournament.

Through three games, Crosby has no goals and two assists, a level of production that could be cause for concern. But that's only the case if Crosby's other contributions on the ice are ignored.

"He's playing against the best D-pairing and they're going all out trying to check him," centre Jonathan Toews said Monday. "Whether he's scoring every game or not, he's deflecting a lot of that attention, a lot of that pressure towards himself, and it creates a lot of



Sidney Crosby high-fives fans prior to Canada's game against Austria at Bolshoy Ice Dome last Friday in Sochi. Teammates say Crosby's offensive output amounts to more than just points. **BRUCE BENNETT/GETTY IMAGES**

room and a lot of breathing room and space for other guys to go out and create offence."

In other words, Canada shouldn't panic about Crosby.

Coach Mike Babcock, who said in August it was important to get Crosby going but that "he's just part of the team, too" understands the star centre's

role on this team goes beyond just filling up the score sheet.

"Everyone evaluates Sid on scoring, and I evaluate Sid on winning," Babcock said Sunday

night after beating Finland 2-1 in overtime. "That's what we came here for."

Through three games his team is undefeated going into Wednesday's quarter-final against Switzerland or Latvia, and Crosby has offered a balanced assessment of his performance. He and his bevy of linemates had more chances against Norway and Austria than against the more-talented Finns, but that was expected as the talent level increased.

"I think you always want more," Crosby said. "If you asked me that question a month ago, I'd have said, 'I'd like to create more.' It's the same way now. You always want to generate offence, create chances, and obviously put the puck in the net."

The last time Crosby put the puck in the net at the Olympics, he won Canada the gold medal.

THE CANADIAN PRESS

MEDALS

Through Monday's Events
(60 of 98 medals)

Nation	G	S	B	Total
Russia	5	7	6	18
United States	5	4	9	18
Netherlands	5	5	7	17
Norway	5	3	7	15
Canada	4	7	4	15
Germany	8	3	2	13
Sweden	2	5	2	9
Switzerland	5	2	1	8
Austria	2	5	1	8
Belarus	5	0	1	6
China	3	2	1	6
France	2	0	4	6
Japan	1	3	2	6
Czech Republic	1	3	1	5
Slovenia	1	1	3	5
Italy	0	2	3	5
Poland	4	0	0	4
South Korea	1	1	1	3
Australia	0	2	1	3
Latvia	0	1	2	3
Britain	1	0	1	2
Finland	0	2	0	2

WHAT CANADA DID

MONDAY

BIATHLON

Women's 12.5-kilometre mass start — Megan Imrie, Falcon Lake, Man., 28th overall (38 minutes 59.0 seconds, with five missed targets — 3:33.4 behind winner).

BOBSLEIGH

Men's doubles — Justin Kripps (pilot), Summerland, B.C., and Bryan Barnett, Edmonton), sixth overall (three minutes 46.62 seconds after four runs - 1.23 seconds behind winner and 0.35 out of a bronze); Chris Spring, Calgary; Jesse Lumsden, Burlington, Ont., seventh (3:46.79); Lyndon Rush, Humboldt, Sask.; Lascelles Brown, Calgary, ninth (3:46.88).

CURLING

Women — Canada (9-0) finished the round-robin with a 9-4 victory over South Korea and will meet Britain in Wednesday's semifinal.

FIGURE SKATING

Ice dance — Tessa Virtue, London, Ont., and Scott Moir, Ilderton, Ont., second in the free dance (114.66 points) and won the silver medal with 190.99 (4.53 points out of gold); Kaitlyn Weaver and Andrew Poje, both Waterloo, Ont.,

fifth in free (103.18) and seventh overall (169.11); Alexandra Paul and Mitchell Islam, both Barrie, Ont., 16 (82.79), 18th overall (138.70).

FREESTYLE SKIING

Men's aerials — Travis Gerrits, Milton, Ont., advanced to the second semifinal jump where he scored 111.95 points and failed to qualify for the final.

HOCKEY

Women — Canada won their semifinal 3-1 over Switzerland and will play the U.S. for the gold medal on Thursday.

SKI JUMPING

Men's Team (large hill) — Canada placed 12th overall in qualifying with 399.2 points (Trevor Morrice, Calgary, 94.3; Dusty Korek, Calgary, 102.6; Matthew Rowley, Red Deer, Alta., 94.7; Mackenzie Boyd-Clowes, Calgary, 107.6) — did not advance to the finals.

CURLING

All Times Eastern

MEN

Country	W	L
x-Sweden (Edin)	8	1
x-Canada (Jacobs)	7	2
x-China (Liu)	7	2
t-Norway (Ulsrud)	5	4
t-Britain (Murdoch)	5	4
Denmark (Stjerne)	4	5
Russia (Drozdov)	3	6
Switzerland (Michel)	3	6
United States (Shuster)	2	7
Germany (Jahr)	1	8

x — clinched semifinal berth

t — advance to tiebreaker

Monday's results

China 6 Britain 5
Denmark 5 Norway 3
Russia 8 Germany 7
Switzerland 6 United States 3

End of Round Robin

Tuesday's game — Tiebreaker

Norway vs. Britain, 12 a.m.

Wednesday's games — Semifinals

Sweden vs. Norway-Britain winner, 10 a.m.

Canada vs. China, 10 a.m.

WOMEN

Country	W	L
x-Canada (J.Jones)	9	0
x-Sweden (Sigfridsson)	7	2
x-Switzerland (Ott)	5	4
x-Britain (Muirhead)	5	4
Japan (Ogasawara)	4	5
China (Wang)	4	5
Denmark (Nielsen)	4	5

South Korea (Kim)	3	6
Russia (Sidorova)	3	6
United States (Brown)	1	8

x — clinched semifinal berth

Monday's results

Britain 9 Russia 6
Japan 8 China 5
South Korea 11 United States 2
Switzerland 10 China 6

Canada 9 South Korea 4

Denmark 8 Britain 7

Sweden 8 Japan 4

End of Round Robin

Tuesday's games — No Games Scheduled.

Wednesday's games — Semifinals

Canada vs. Britain, 5 a.m.

Sweden vs. Switzerland, 5 a.m.

HOCKEY

All Times Eastern

MEN'S PLAYOFFS

Tuesday's games

Qualification Round

Slovenia vs. Austria, 3 a.m.

Russia vs. Norway, 7:30 a.m.

Czech Republic vs. Slovakia, Noon

Switzerland vs. Latvia, Noon

Wednesday's games

Quarter-finals

Sweden vs. Slovenia-Austria winner, 3 a.m.

Finland vs. Russia-Norway winner, 7:30 a.m.

Canada vs. Switzerland-Latvia winner, 12 p.m.

U.S. vs. Czech Republic-Slovakia winner, 12 p.m.

WOMEN'S PLAYOFFS

Monday's results

Semifinals

Canada 3 Switzerland 1

U.S. 6 Sweden 1

Sunday's results

Qualifications

(Fifth-Eighth places)

Finland 2 Germany 1

Russia 6 Japan 3

Tuesday's games

Seventh Place

Germany vs. Japan, 3 a.m.

Fifth Place

Finland vs. Russia, 7:30 a.m.

Thursday's games

Bronze Medal

Sweden vs. Switzerland, 7 a.m.

Gold Medal

Canada vs. U.S., 12 p.m.

Curling. Undefeated Jones two wins from the top

Jennifer Jones' Olympic experience has been, well, perfect.

"It's been everything we expected and then some," the Winnipeg skip said.

"We've gone to events, we've had fun, we've soaked up the experience, we've met the other athletes, we've cheered on our other teammates. We've laughed, we've loved everything absolutely possible, done everything with the Olympics. I don't want it to end; we don't want it to end."

Jones, lead Dawn McEwen,

second Jill Officer and third Kaitlyn Lawes have also won nine games in a row, making history in the process.

They dispatched South Korea 9-4 Monday to become the first women's team to go through an Olympic round-robin campaign undefeated.

THE CANADIAN PRESS



Jennifer Jones
THE CANADIAN PRESS

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Orange is the new gold

Dutch demolish speed-skating field

They stepped onto the podium, one after another, teammates and friends, all decked out in the same uniform.

And if there had been room for one more, she would've been wearing orange, too.

The Dutch, you see, are just about racing against themselves at the Olympic speedskating oval.

The Netherlands has long been a speedskating powerhouse, but the nation of 17 million has never been on a roll like this.

No one has.

The long-track team already has a record 16 medals, the short trackers chipped in with one, for a total that left the Netherlands — which hasn't won a medal in any other sport — one behind the United States and host Russia through Monday.

"Our target for the whole team was nine medals for all sports," speedskater Marrit Leenstra said. "This is the best we have ever done in the Winter Olympics."

THE ASSOCIATED PRESS



Canada's Denny Morrison with Dutch skaters Stefan Groothuis, centre, and Michel Mulder after the 1,000-metre race last Wednesday. THE ASSOCIATED PRESS

Playoff picture coming into focus in London



Darin Mency goes up for a basket in the first half the Lightning's game against the Brampton A's on Monday. The Lightning snapped a six-game losing streak with a 114-96 win in front of a full house at Budweiser Gardens. MARK SPOWART/FOR METRO

NBL Canada. Win over A's sets up likely first-round clash with A's



DAVE LANGFORD

dave.langford@metronews.ca

Garrett Williamson played more like, well, Garrett Williamson.

And coincidentally, the London Lightning won their first game in close to a month, ending a six-game losing streak with a 114-96 victory over the second-place Brampton A's on Monday afternoon.

With a Shoppers Drug Mart giveaway filling the upper level, 7,396 fans were on hand, the largest crowd of the season for the Lightning and the league.

The Lightning play twice more this week, both at home versus Eastern Conference teams making their only appearances in London. On Thursday, it will be the St. John Millrats and Saturday the Charlottetown Storm, both at 7 p.m.

Ironically, the win over the A's pretty well clinches third place for the Lightning and they will likely meet the A's in the best-of-five conference semifinal starting in Brampton.

Meanwhile, Williamson was everywhere this day, diving for balls, and generally showing why he is one of the best players — if not the best — in the

league.

Fifth in league scoring with an average just under 19 points, he scored 30 — including 12 for 17 from the foul line — and also had 10 assists and seven rebounds.

Guard Stephen McDowell, starting in place of Tony Bennett, had 26 points and veteran Elvin Mims added 18 points and 10 boards. Evaldas Zabas had 18 points and Kevin Francis 15 for the A's.

The win was a welcome relief for Lightning head coach Micheal Ray Richardson, who just returned Monday at 4 a.m. from a quick trip to NBA all-star weekend in New Orleans.

"What we need to do is we need come out, be physical, play defence and everything will take care of itself. We played great defence," Richardson said. "Defence is the key; defence is the formula."

Williamson said it was about time the team put together a full game.

"Whatever it takes to get out of this funk, man. It's been too long since we had a win," he said. "We really just had to scrap this one out. It starts out on defence and offence will come. I figured you've got to set the tone from the beginning."

The aggressive play did lead to two ejections: Tony Bennett of the Lightning and Flenard Whitfield of the A's. The two teams meet again on the final night of the schedule, Feb. 28, in Brampton.

OHL

Knights stay hot in the 'Shwa

Forward Gemel Smith had two goals and an assist to lead the London Knights to a 6-3 victory over the Oshawa Generals in Oshawa on Monday.

It was the Knights' ninth victory in the past 10 games.

Michael McCarron, Brett Welychka and Max Domi, into an empty net, also scored for the Knights, who were tied 1-1 after the first period but led 3-1 at the end of 40 minutes. McCarron was plus-5 in the game and Welychka was plus-4.

Cole Cassels, Dylan Smoskowitz and Michael Dal Colle scored for the Generals.

In a strange scheduling twist, the Knights head down to the western end of the 401 for a rare Tuesday start in Windsor against the Spitfires before returning home Friday for their only home date against the Ottawa 67's this season.

DAVE LANGFORD/METRO



Brett Welychka OHL IMAGES

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Horoscopes

Aries

March 21 - April 20

Don't agree to something just because you cannot be bothered to argue. If you take the easy way out now you will have major problems later on when loved ones and work colleagues hold you to your promises.

Taurus

April 21 - May 21

As the Sun moves into in the area of your chart that governs your hopes and wishes, your dreams and aspirations, you cannot help but raise your sights and aim for something better in life.

Gemini

May 22 - June 21

Carry a notepad with you at all times and be ready to write down any ideas that come into your mind. Your brain is always on the go but soon you will be inspired where career insights are concerned.

Cancer

June 22 - July 23

Don't waste time telling the world what you are going to do — just get on and do it and show you can walk the walk as well as talk the talk.

Leo

July 24 - Aug. 23

You cannot afford to back down today. The planets warn if you give ground once you will be expected to give ground again and soon you will be in full retreat. Leos are stubborn, so dig in your heels.

Virgo

Aug. 24 - Sept. 23

You will feel an attraction for someone who is as different to you as chalk is to cheese and it could be the start of a beautiful friendship — or more. Opposites often match.

Libra

Sept. 24 - Oct. 23

If you find that you are lacking in energy today resist the urge to push yourself even harder. Now that the Sun is moving through the wellbeing area of your chart you must pace yourself sensibly.

Scorpio

Oct. 24 - Nov. 22

The Sun spends the next few weeks transiting the most dynamic and creative area of your chart, so set your sights high and don't think for a moment that you can't reach the top.

Sagittarius

Nov. 23 - Dec. 21

Someone will surprise you today with what amounts to an outrageous ultimatum. Surprise them back by telling them in no uncertain language what they can do with their demands.

Capricorn

Dec. 22 - Jan. 20

Visit places that excite you and visit people who inspire you. Social activities of all kinds are under excellent stars, as is travel, so hit the road and don't look back.

Aquarius

Jan. 21 - Feb. 19

People you trust will be happy to help you out with advice today and you will probably need it where money matters are concerned.

Pisces

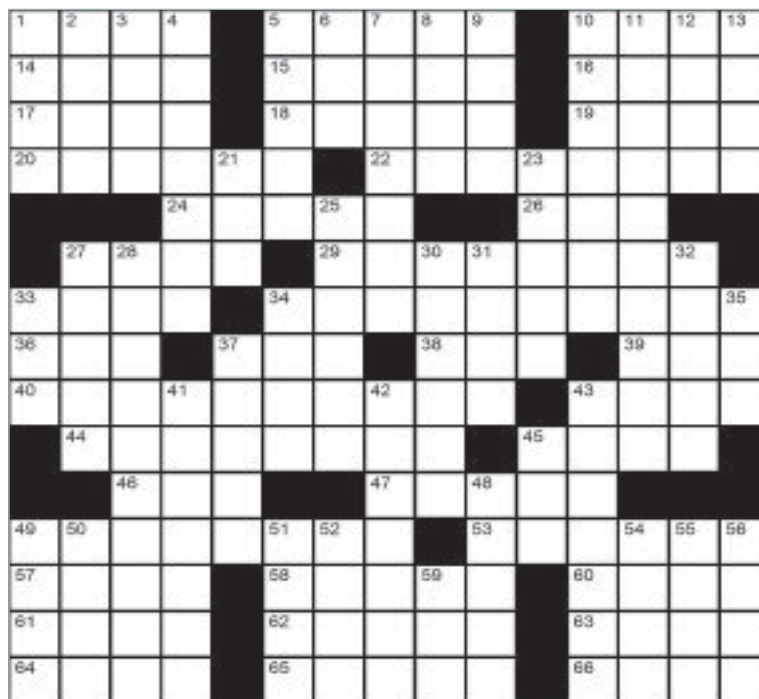
Feb. 20 - March 20

The Sun moves into your sign today and even if your birthday you should go out and celebrate. The next few weeks will be extra special, so start making plans and believe, that your dreams will come true. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Half, in Hull
- Chocolate substitute
- Terrestrial stage newts
- With, in Montreal
- Plant source of tequila
- "There ought to be ___ against that!"
- Give out
- Resin in varnish
- Chinook salmon
- "Survivor" host Jeff
- Can be united, as opposed to being a foe
- Mineral water brand
- Farm enclosure
- Nylons shade
- Shirtsleeve jewelry
- Unforeseen complication
- Matters of more importance
- ___ and yang
- SOCHI 2014 - Abbr. for Zagreb's land
- Sass
- Miracle-___ (Plant food brand)
- Russian souvenir, ___ doll (Nesting doll)
- Leg part
- SOCHI 2014 - Western ___ Mountains
- Objections



- Puny, puny-ly
- Vacuum cleaners brand
- Missed calls 'game': 2 wds.
- ___ Valley, in western Newfoundland
- "I never promised ___."
- SOCHI 2014 - 'Of-

- cial Timekeeper' of the Olympics
- Cincinnati's home
- Bewitched
- Ursa ___ (Constellation)
- Do some garden work
- Moulding style
- English class as-

- signment
- Space letters

Down

- A bit wet
- By any chance
- "From ___ You" by The Beatles
- SOCHI 2014 - ___ Skating Palace

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- 1975 Rush album: 3 wds.
- Unit of weight in China
- Popeye comics kid, ___ 'Pea
- "Law & Order: ___"
- Long Island resort town
- Over
- Very early computer
- Type of melon
- Like Arlo Guthrie's music
- Cold, as water in Spain
- Ms. Russell, and namesakes
- Type of orchestra, for short
- Malayan sailing boat
- Jr. family member
- Recurring process
- Destroy
- Actress Vanessa
- Gordon Lightfoot song
- Ghost's shout!
- Chilling
- Prefix meaning 'Fire'
- Author, Tami ___
- Voluminous book
- Quebec friends
- Canadian comedian Caroline
- Geese: French
- Sci-Fi character
- Last, ___ long way

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	2	8	1	9	4	5	3	6
1	4	5	2	6	3	8	7	9
9	3	6	5	7	8	1	2	4
8	6	4	3	1	9	2	5	7
2	5	7	8	4	6	9	1	3
3	9	1	7	5	2	6	4	8
5	8	9	4	3	1	7	6	2
6	1	3	9	2	7	4	8	5
4	7	2	6	8	5	3	9	1

	9							6
		5	2					
1		4		8	9			7
					5		7	9
		1		3		6		
2	7		9					
3			6	1		2		5
				3	4			
4							8	



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